

Know Your Blood Pressure Numbers

Know your **BLOOD PRESSURE** numbers and write them down!

- ◆ Ask your doctor or nurse what your blood pressure numbers are.
- ◆ **Write them down.**
- ◆ Your numbers will improve as you work with your doctor and make positive lifestyle changes.

What the numbers mean:

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal Excellent! This is right where it needs to be as a normal blood pressure.*	Less than 120	AND	Less than 80
Prehypertension This is getting up there. Begin lifestyle changes that keep your blood pressure from developing into or becoming hypertension.*	120 – 139	OR	80 – 89
High Blood Pressure (Hypertension) Stage 1 Your blood pressure is high. You need to see your medical provider.*	140 – 159	OR	90 – 99
High Blood Pressure (Hypertension) Stage 2 Your blood pressure is very high. Seek medical care now.*	160 or higher	OR	100 or higher
Hypertensive Crisis (Emergency care needed) Your blood pressure is dangerously high. Call 911 now.*	Higher than 180	OR	Higher than 110

* Health advice from the Heart Disease, Stroke and Diabetes Prevention Program, Washington State Department of Health

Adapted from the American Heart Association. Created by the Heart Disease, Stroke and Diabetes Prevention Program, Washington State Department of Health

P R I N T I N G S P E C I F I C A T I O N S

Title: **Know Your Blood Pressure Numbers** (poster)

Size: 8.5 x 11" and 11 x 17"

Paper stock: 80# Cover, white, smooth

Ink color: 4-color process/0, no bleeds

Special instructions: Laminate, matte finish, rounded and sealed 1/4" corners

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